

*Cheyenne
Mountain
Newcomers Club*

It's A New Year!

January 2025

JAN 2025

We meet the second Wednesday of each month (September through May) at 9:30 a.m. at the Broadmoor Community Church, 15 Lake Avenue.

EXECUTIVE BOARD

President

Cheryl Eaton 719.331.5554

Vice President

LouAnn McKenzie 650.288.5784

Treasurer

Kathy Achenbach 719.761.0878

Secretary

Jamie Rogers 505.507.6979

Activities Director

Kathy Perkins 720.291.0330

Programs Director

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Member Director

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Webpage: cmnccos.org

Webmaster

Linda Ewton
webmastercmnc@gmail.com

Newsletter

Elaine Claussen
elaine@creativefromscratch.com

This club has a paid membership policy. Prospective members may attend two functions/meetings before paying their annual dues. Former members must rejoin before attending any activities or meetings. Monthly meetings are not held when D-12 schools are delayed or cancelled.



**Please
welcome
our new
VP!**

CMNC board unanimously fills VP seat for 2025

Starting January 1, the Cheyenne Mountain Newcomers Club will have a full board once again.

LouAnn McKenzie has graciously volunteered to serve as vice president for the remainder of the 2024-2025 term and was unanimously approved by the board.

When she steps into her new role at the beginning of the year, LouAnn will bring some board experience with her, having served as the Vice President of Activities during 2019-2020.

She also chaired CMNC's Mystery Book Club, which ended because of COVID, and co-chaired Ladies Gourmet with former member Gretchen Brewer.



The next time you see LouAnn at a general meeting or CMNC activity, don't forget to thank her for stepping up to help the club once again.

Mocktail Magic



CMNC Programs Director Barb Zarish will present a "Mocktail Magic" demonstration at our monthly meeting on Wednesday, Jan. 8, with:

- Tastings and recipes for delicious, non-alcoholic drinks for the winter holidays, Valentine's Day and St. Patrick's Day.
- Notes within each recipe on how to convert your mocktail into a cocktail with recommended alcohols and amounts.
- No RSVP needed. Hope to see you there!

ATTITUDES & PLATITUDES FOR A NEW YEAR

Too much of anything is bad, but too much champagne is just right.

— F. Scott Fitzgerald

May all your troubles last as long as your New Year's resolutions.

— Joey Adams

Wishing you health, happiness, and the end of mansplaining in the coming year.

— Anonymous (every woman)

Go confidently in the direction of your dreams.

— Henry David Thoreau

What I like to drink most is wine that belongs to others.

— Diogenes

With the new days comes new strength and new thoughts.

— Eleanor Roosevelt

Tomorrow is the first blank page of 365-page book. Write a good one.

— Brad Paisley

Cheers to a new year and another chance for us to get it right.

— Oprah Winfrey

A day without sunshine is like, you know, night.

— Steve Martin

I am thankful for laughter, except when milk comes out of my nose.

— Woody Allen

New year, new opportunities

New Year's Eve is the only acceptable time to wear body glitter without being mistaken as a stripper.

— Jerry Seinfeld



Did you vibrate your bones today?

If you want to build bone density and strength, your answer should be yes.

When you jump on a flat surface such as your kitchen floor or the sidewalk, gravity makes sure the ground is there to meet you. And when the force of the ground meets the force of your muscles, that encounter creates vibrations "that talk to your bones."

So says Margaret Martin, a physical therapist who has created several osteoporosis exercise workouts for all levels—especially women of a certain age (meaning most of us Newcomers!).

Amazingly, the vibrations from jumping stimulate a set of cells in our bones (mesenchymal stem cells) that possess the potential to turn into bone, cartilage, muscle,

or fat. The action of jumping encourages them to choose bone.

Thanks to this responsive quality of our cells, the thermodynamic forces of weight-bearing exercises enable our bodies to build bones and prevent further bone loss.

As a result, everyone—especially people with osteoporosis or low bone density—can take advantage of physics to support better bone health for the years ahead.

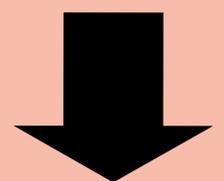
So, the next time your doctor asks what you're doing for exercise, you can say you're practicing **plyometrics**. That's a fancy word for jumping—and a great way to get your bones vibrating.

See the next page for

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exercises

to help you improve your bone health



Exercises for better bone health*



1. Jump training: Ankle hops

- Bend your knees slightly and hop in place. Start with two sets of five hops.
- Over time, increase each set to 10 hops.
- You can also increase the benefit of this exercise by jumping a little higher.

2. Walking for bone health

A study found that walking 3.1 miles per hour is sufficient to benefit hip health. Why does speed matter? As we walk faster, we hit the ground with more force. As we've learned, we need enough force to vibrate our bones and build bone density.

- In the first 5 minutes of your walk, warm up by walking at your normal speed.
- Then, when you're ready, decide to walk from one landmark to another as quickly as you can, i.e., from this mailbox to that one.
- Drop to your normal pace again for a minute or two, then pick another set of landmarks for your mini-sprint.

3. Water-based exercise

Aquatic exercise can also help us build bone density and is a great option for people who are in pain or at a high risk of bone fracture.

- Take big steps forward through the water. Then, try taking long sideways strides.
- Stand holding the side of the pool, and lift one knee up, keeping your back straight. Then, extend that same leg out straight behind you. Repeat with the other leg.
- Stand with your feet hip-width apart and float your arms on the surface of the water. Keep your elbows straight but not locked, with the water height a little under your armpits. From your core, move your torso and swing your arms back and forth.

* REMEMBER:

Before starting any new exercise program, be sure to discuss it with your doctor first.

Got 20 minutes?

Creamy Chicken Marsala with Prosciutto

- 20 minutes from start to yum
- Makes 4 servings
- If desired, serve over angle hair pasta



Your shopping list:

- 1 lb. chicken cutlets, trimmed
- 1/2 tsp ground pepper, divided
- 1/4 tsp salt, divided
- 1/4 C white whole-wheat flour
- 1 Tbl extra virgin olive oil, divided
- 2 oz prosciutto, chopped (1/2 C)
- 8 oz sliced cremini mushrooms
- 1/4 C minced shallots
- 2 cloves of garlic, minced
- 1 tsp dried thyme
- 1/2 C low-sodium chicken broth
- 1/2 C heavy cream
- 1/2 C Marsala wine
- Chopped fresh parsley for garnish

Let's get started!

Step 1

Season chicken cutlets with 1/4 teaspoon pepper and 1/8 teaspoon salt. Place flour in a shallow dish and dredge the chicken through it, pressing gently to help the seasoning adhere. Discard any excess flour.

Step 2

Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once, until lightly browned (2-3 minutes per side). Transfer to a plate.

Step 3

Add prosciutto to the pan and cook, scraping up any browned bits, for 30 seconds. Add a little more oil plus the mushrooms; cook, stirring occasionally until tender (about 4 minutes).

Stir in shallots, garlic, thyme and add the remaining 1/4 teaspoon pepper and 1/8 teaspoon salt. Cook, stirring often, until the shallots are translucent (about 1 minute).

Stir in broth, cream and Marsala wine, scraping up any browned bits. Cook until slightly reduced (about 2 minutes). Garnish to taste, then serve and enjoy!



Scents and sensibility

Curate your own candles & scents

Never made candles before? It might be a fun winter project on days when you're snowed in or just want to hunker down at home.

There are quite a few websites that can walk you through the process. Not sure if it's right for you? Here are the basic steps to consider before you go shopping for materials:

- Melt the wax
- Stir in scents and dyes
- Wick your candle containers
- Pour in the wax mixture
- Let the candles cool, set, and cure
- Light 'em up or wrap 'em up as gifts

Free online tutorials and kits

<https://www.candlescience.com/learn-candle-making/>

<https://abeautifulmess.com/how-to-make-candles-beginners-guide/>

<https://livesimply.me/diy-homemade-candles-natural-lavender-rosemary-scent/>

<https://www.shopify.com/blog/how-to-make-candles#>

<https://www.thehealthymaven.com/homemade-aromatherapy-candles/>

<https://www.brambleberry.com/shop-by-product/kits/candles>

January Activities

Ladies Gourmet

3rd Wednesday
of each month
11:30 a.m.

Ladies Gourmet will continue to visit a different country every month in 2025. On Wednesday, January 15, we will be visiting Germany. For a change of pace, we'll meet for lunch at **Edelweiss Restaurant**, located at 34 E. Ramona Ave. Find out all of the details at the January 8 CMNC meeting where you can sign up.

Please note: email RSVPs are no longer accepted, so make sure you sign up at the monthly meeting so you can join the fun each month.

Coordinators:

Kim Kacewicz	281.687.2012
Mary Kervick	719.649.3658

Wine & Friends

Third Friday
of the month
6:30 p.m.

For January, **Kim and Marek Kacewicz** are again hosting this event for us on Friday, January 17 from 6–8:30 p.m. If you're on our email list, you'll receive an invitation around the first of the month with the address and specifics. RSVPs are required; if there's a limit to the number of attendees, we'll create a waiting list as there usually are some cancellations. This event allows members to bring their spouses, so be sure to RSVP for two if you are attending together. Couples should bring a bottle of vino and an appetizer to share; singles, please bring your choice of either. When RSVPing, please do not tag onto a friend's email response as there's a good chance your reply may be overlooked. As a courtesy to our gracious hosts, please do not simply show up if you did not RSVP, were not confirmed, or are still on the waitlist.

Coordinators

Karen Cacy	503.246.4286
Marie Poyzer	719.659.3075

Canasta Hand & Foot

2nd and 4th
Thursdays
10:30 – 2:30

Enjoy this lively, strategic game **twice a month** at The Country Club of Colorado, 125 E. Clubhouse Drive. We play downstairs in the back room just behind the Gates Grille, and order lunch about halfway through our play. Players are responsible for their own lunch tabs, and also contribute \$2 each to tip the coffee and tea servers who stock our card room. No RSVP is needed to participate; however, if you're new to this Hand & Foot version or need a refresher, please call Karen Vlasak to arrange a lesson prior to the next group date.

Coordinators:

Karen Vlasak	719.375.4692
Lu McCoy	719.540.8681

January Activities, cont'd

Pokeno

2nd Monday
of the month
1 p.m.

Pokeno is an easy card game like poker. We play at members' homes and each month's hostess determines the number of players she can comfortably accommodate. Participants should bring a gift valued at \$8 or more concealed within a paper bag, plus \$2 in cash for the blackout round.

Coordinators:

Tami Dickinson	623.670.8298
Sharon Wallace	719.482.6298

Pickleball

Every Friday
10 a.m.–12 p.m.

Pickleball is the fastest-growing sport in America! Join us to see what all the fuss is about...and to have a tone of fun! We play indoors (out of the hot sun, cold air, and wind) on the new courts at Springs Pickleball, 780 Vondelpark Drive. Try it once and you'll be hooked for sure! A paddle, a whiffle-ball thingamajig, and a pair of good, sturdy court shoes, and you're on your way.

Coordinator:

Kathy Houck	505.239.4723
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Because We Care

Member care
when needed

Ladies, please remember to contact me when you know of or hear about one of our members who is experiencing a health problem, facing hospitalization or surgery, dealing with a death in the family, or going through a life-changing situation of any kind. I will send out the appropriate card on behalf of all of our members, and in some cases, I will follow up with a phone call to see how things are progressing and if any help is needed. Thank you for your support! It is because of all of you and many previous members that we are such a kind and caring group.

Coordinator

Lynda DeAngelis	710.440.4643
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UFOs

First Monday
of each month
1 p.m.

A low-key group of members who like to chat while working on unfinished projects. Sign up to get an email with this month's location.

Coordinator:

Barbara Nisar	719.394.5499
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January Activities, cont'd

Happy Hour Get-Togethers

3rd Monday
of the month
3–4:30 p.m.

Join friends at different breweries and pubs for some fun each month! No advance sign-up needed; simply show up for a drink and some great conversation with your community of CMNC women. (Individuals are responsible for their own tabs.)

January 20 @ The View House, 7114 Campus Dr. east of I-25 off Woodmen Rd.

February 17 @ Urban Animal Brewery, 3629 Star Ranch Rd.

Coordinator:

Peggy Dolinich

719.964.8778

Decorating Divas

2nd Tuesday of
each month
1-3 p.m.

From 1-3 p.m. on **Tuesday, Jan. 14**, the Divas will be meeting at Heritage Wallpaper and Blinds at their location at 5855 N. Academy Blvd, where we'll be treated to a seminar on the latest ideas at Hunter Douglas blinds and shades. Our speaker, Jacob, is the son of the owners, and has worked alongside his parents for the last 20 years. Next, Rachel will show us the newest in wallpaper and unique wallcoverings, along with many beautiful fabrics. To join us for this fun learning experience, be sure to **email MB at maryshively@comcast.net**.

Coordinators:

Nancy Price-Weddle

719.332.2644

Mary Beth (MB) Shively

719.527.0612

Walkie Talkies

Saturdays
10 a.m.

Join us at 10 a.m. each Saturday for a moderate walk/adventure at the Bear Creek Regional Park East. Walks range from about 40 minutes up to an hour. Sign up at the CMNC monthly meetings to get on our email list in case of cancellations, changes, etc.

Coordinator:

Cheryl Eaton

719.331.5554

Lunch Bunch

Following our
monthly
meetings

Join us for delicious lunch at 11:40 a.m. following the Jan. 8 meeting. This month, we'll choose from two restaurants in the Cheyenne Mtn. Blvd.strip mall: Miguel's Mexican and the Na Ra Siam. Gini will call the restaurant with the most sign-ups at 10:30 to make reservations for everyone who wants to join in.

Coordinator:

Gini Dugan

507.319.1700

January Activities, cont'd

Gleaners

Outside before
our monthly
CMNC meeting

For January, we're helping the Springs Rescue Mission. It began in 1996, when founders began providing sandwiches to homeless people in Colorado Springs in parks and under bridges. Soon after, they opened a food pantry in one room of a small building. These humble beginnings rapidly grew into a wide range of programs intended to serve the 27,000 households living below the poverty line in the Pikes Peak region. Currently, they serve over 700 men and women a day through nutritious meals, sheltering, case management and work programs. IMMEDIATE NEEDS: winter clothes, hats, gloves, coats, etc. Additional requests: travel size toiletries, bar soap, disposable razors, laundry pods (they do 30,000 loads per year.) Donating goods to Springs Rescue Mission has a significant and direct impact on those who are served, so thank you for helping out. Donations may be put in the open trunk of my car, directly next to our entrance at Broadmoor Community Church.

Coordinator:

Barb Coons

719.375.3231 or 219.973.9555

Adopt A Family

Your help
makes a
difference

We want to thank member who signed up for Adopt A Family this year. You provided gifts for close to 50 people and donated almost \$1,000. You make the holidays special for so many families; your continued generosity and caring truly do make a difference in the lives of those you've touched. Thank you again for your donations, gifts, and giving spirit, which continues to amaze us.

Coordinator:s

Lynda DeAngelis

719.440.4643

Valerie Smith

719.213.8685



**Got an idea for a new activity
or game that you'd like to host for our club?**

**We're always open to suggestions!
Please reach out to our activities chair,
Kathy Perkins, to get the ball rolling.**

January

Member Birthdays

Teddi Morrison	1/01	Janet Fitzgerald	1/08	Barbara Nisar	1/18
Pamella Sheldon	1/03	Sharon Davis	1/10	Linda Weber	1/23
Elaine Claussen	1/04	Mariah Nicholson	1/12	Debbie LaBarre	1/24
Sharon Cotter	1/05	Maria Polelli	1/12		



JANUARY

Calendar of Events

SUN DAY	MON DAY	TUES DAY	WEDNES DAY	THURS DAY	FRI DAY	SATUR DAY
1	2 UFOs 1 pm	3	4 Literary Ladies 10 am	5 Nurturing Yourself 2-4 pm	6 Pickleball 10 am-12 pm	7 Walkie Talkies 10 am
8	9 Pokeno 1 pm	10 Decorating Divas 1-3 pm	11 CMNC General Meeting and Mocktail Magic 9:30 am Gleaners Adopt A Family Lunch Bunch	12 Canasta Hand & Foot 10:30 am	13 Pickleball 10 am-12 pm	14 Walkie Talkies 10 am
15	16 Happy Hour Get-Together 3-4:30 pm	17	18 Ladies Gourmet 11:30 am	19 Readers Choice 10 am	20 Pickleball 10 am-12 pm Wine & Friends 6-8:30 pm	21 Walkie Talkies 10 am
22	23	24 Let's Get Lit 6:30 pm	25	26 Canasta Hand & Foot 10:30 am	27 Pickleball 10 am-12 pm	28 Walkie Talkies 10 am
29	30	31				

Please forgive any errors or typos in this publication. I hope you enjoy it!

— Your newsletter editor, Elaine Claussen